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## Intensive Outpatient Program

[Norwegian American Hospital \(https://www.nahospital.org\)](https://www.nahospital.org)    Intensive Outpatient Program

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The Intensive Outpatient Program (IOP) is a 3-6 month program that provides intensive group therapy to clients with active symptoms of mental illness. Treatment goals focus on avoiding psychiatric hospitalization or relapse, preventing deterioration of severe mood or psychotic symptoms, and maximizing level of independent functioning.

### IOP Details

The Norwegian American Hospital IOP program is offered Monday through Friday from 10 am to 2 pm, and transportation is arranged by staff with an approval from medical services.

This program incorporates computer technology as a communication skill through specialized groups. Clients are expected to attend the IOP program three days per week, pending insurance approval.

A continental breakfast and hot lunch is provided daily.

### Caring. Competent. Coordinated.

Norwegian American Hospital's Intensive Outpatient Program will help you maximize your potential to live with respect, social involvement and independence. We offer:

- Group Therapy
- Case Management
- Transportation Arrangements
- Highly Qualified Staff

### For More Information

If you have questions about behavioral health, contact the IOP at 773-292-8513. If you need a doctor, search our Find a Doctor online tool to find a doctor, or call us at 773-395-3000 for a referral.

**Resources:**

IOP Brochure ([https://www.nahospital.org/newsite/wp-content/uploads/2016/01/IOP\\_.pdf](https://www.nahospital.org/newsite/wp-content/uploads/2016/01/IOP_.pdf))

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